

# DEPRESSION AND ANXIETY IN CHILDREN AND ADOLESCENTS



Persistent sadness for two or more weeks



Withdrawing from or avoiding social interactions



Hurting oneself or talking about hurting oneself; Talking about death or suicide



Difficulty sleeping; Sleeping too much or insomnia



Changes in eating habits; Loss of weight



Frequent headaches or stomachaches



Outbursts or extreme irritability; Out-of-control behavior that can be harmful



Difficulty concentrating, remembering, or making decisions



Changes in academic performance



## WHERE TO GET HELP

**National Suicide Prevention Lifeline:**  
800-273-TALK (8255)

**Your Local Community Service Board:**  
<https://vacsb.org/csb-bha-directory/>

### Source:

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>  
<http://dbhds.virginia.gov/assets/doc/DS/cf/suicide-prevention-wallet-card.pdf>